



# Avo / Prawn / Salmon Maki

Classic sushi maki.



Small coloured plate.

Contains Shellfish - Fish

## INGREDIENTS

- 1/2 Nori sheet
- 80g Sushi rice
- 25g Avocado (Avo)
- 3 Cooked sushi prawns (Prawn)
- 25g Salmon (Salmon)

## METHOD

- 1 Put the rice on the rough side of the Nori, gently spreading it out.
- 2 Place the filling in the middle of the rice.
- 3 Gently roll without pressing too hard.
- 4 Shape with your rolling mat, ensuring there are no fillings sticking out of the ends.
- 5 Cut into 6 even pieces.
- 6 Plate and garnish with wasabi, ginger and pickled red onion.

## GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

## EQUIPMENT

-  Chopping board
-  Sushi knife
-  Rolling mat

## WATCH THE METHOD

How to roll Maki [https://www.youtube.com/watch?v=bauTPav4T\\_M](https://www.youtube.com/watch?v=bauTPav4T_M)

How to make Avo Maki <https://www.youtube.com/watch?v=PEXt-4lp9hg>

Pre-rolling sushi [https://www.youtube.com/watch?v=DZetRB7\\_hi0](https://www.youtube.com/watch?v=DZetRB7_hi0)

How to cook sushi rice <https://www.youtube.com/watch?v=pvoCLlrg4S0>

How to sharpen your sushi knife <https://www.youtube.com/watch?v=1qTDIkxTj6E>



## Food safety

From the SOP - what the kitchen must not skip on this dish.

### PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%

### SECTIONS OF THE SUSHI BAR

SOP 7 - Sushi

2 The maki-roller's station The maki roller is responsible for the following: Rolling of all sushi. Keeping his/her area clean. Maki roller section Without display With display With more chefs in service SUSHI The correct station lay out is important for efficient service. Being prepared before having to produce sushi means that you can focus on the sushi making process and complete the task effectively and efficiently. \*ingredients may vary amongst territories.



ON THE PASS

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Plate - Small coloured plate.

Method and video links are on page 1.